

# THE BATTALION

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## The Weather

Today		Tomorrow	
High .....	65	High .....	68
Low .....	51	Low .....	42
Chance of rain .....	none	Chance of rain .....	none

## Regents to discuss dorm rate increase

By JANE G. BRUST  
Battalion Staff

Texas A&M University System regents on the Committee for Academic Campuses will meet today to discuss student fee increases including a 20 percent increase in dormitory room rates for all dorms.

Howard Vestal, vice president for business affairs, said the increase is due primarily to necessary salary increases for head residents, resident advisers and all staff associated with residence halls. The increase was a result of the 5.1 percent emergency pay raise effective Feb. 1, as mandated by the state legislature.

Vestal said another factor in the recommended rate increase is residence halls' increased utility costs.

Committee members will also discuss increases in shuttle bus and laundry fees, rental rates for married stu-

dent apartments and rates for five-day and seven-day board plans.

Committees will meet today at the following times:

— Planning and Building Committee (continued meeting) — 8:30 a.m.  
— Committee for Service Units — 9:30 a.m.  
— Committee for Academic Campuses — 11:00 a.m.

The committees will review agenda items and make recommendations to the full Board Tuesday.

The Planning and Building Committee Sunday discussed a \$135,000 appropriation for a Cyclotron expansion design to be reviewed by the committee today.

The appropriation from the University Available Fund would supplement previous appropriations of \$65,000.

After a long discussion regarding bids for the Meat Science and Technology

Center, the Planning and Building Committee decided to recommend postponing action on the bids until the regents' May meeting.

The committee reviewed eight different bids that approximate the estimated cost of the project. However, the estimated cost of the project has surpassed the amount of each bid.

The committee also discussed awarding a contract to Diversacon, Inc. of Houston for the Waste Water Treatment Plant expansion. The contract award would be contingent upon approval by the Environmental Protection Agency.

The executive committee will meet in closed session at 1:30 p.m. The meeting of the Board of Regents will be Tuesday morning at 8:30.

All meetings will be held in the Board Annex across from Cain Hall.



H. C. Bell, chairman of the Planning and Building Committee, will lead discussion in today's regents meeting of possible increases in student fees, including a 20 percent increase in all dorm rates.

## A&M works to meet deadline

By TERRY DURAN  
Battalion Staff

As the deadline for state compliance with federal university desegregation regulations approaches, Texas A&M officials are trying to find the funds for plans to increase minority enrollment.

Texas has until June 15 to submit a detailed plan that will satisfy federal desegregation requirements under Title VI of the 1964 Civil Rights Act.

The Texas A&M Board of Regents published a policy statement in December 1980 outlining general steps to be taken to "provide an equal educational opportunity" and "operate on a totally desegregated basis."

Acting President Charles Samson and other University officials appeared before the state Senate Finance Committee March 10 to ask legislators to recommend funds in addition to those already okayed by the governor and the Legisla-

tive Budget Board, which reviews all state agency budgets.

Among other requests, Samson asked the finance committee for over \$700,000 to expand the University's minority programs.

Texas A&M began a concentrated effort to recruit black and minority students in the fall of 1979, School Relations Director Loyd Taylor said. The University currently provides 76 \$1,000-a-year scholarships to minority students; 74 more will be offered in the fall, for a total of 150.

Taylor said 200 scholarships will be in effect by Fall 1982. The scholarships are good for four years if the necessary grade point ratio is maintained.

Samson said the funds he asked the finance committee for will be aimed at minority recruiting, admissions, financial aid and miscellaneous support programs.

Just over \$208,000 of the request is slated for active recruitment of minority high school students. These funds would provide for: the hiring of two more full-time recruiters to add to the current staff of four; additional visits to "priority one" schools — those having over 50 percent minority student enrollment; and possible establishment of a toll-free telephone line for answering potential students' questions about Texas A&M.

Over \$51,000 of Samson's request is slated for expanding an already existing summer program that gives high school students with marginal scholastic qualifications a chance to prove themselves before the start of the regular school year.

Another \$77,350 is slated to go to establishing more minority scholarships and eventually upgrading the \$1,000 scholarships to \$1,500 per year.

## Mayor leaves plush apartment for 'hell'

United Press International

CHICAGO — Residents of the gang-infested Cabrini Green housing project say they'll be glad to have Mayor Jane M. Byrne as a neighbor, but they don't think she'll find the accommodations as safe or as homey as her luxury apartment.

"They'll be outsiders, but they'll get a taste of the hell we are living in," one Cabrini resident, who wished to remain anonymous, said Sunday after hearing Mrs. Byrne and her husband, Jay McMullen, would be moving in.

Mrs. Byrne announced during the weekend that she would move from their ritzy Gold Coast apartment into the housing project for "as long as it takes to clean it up" and to "prove that those who live decently can live there."

The project, located about six blocks from the mayor's high rise, has been the site of 11 deaths in a gang battle for control of the area since January.

About 800 Cabrini Green residents recently received eviction notices from the complex for allegedly harboring prison parolees active in the gang violence.

"I think for the most part, all the residents would be happy to have her," resident Lula Allen, 45, said. "I'm sure there would be changes. Of course, the bad element would be more cautious if anyone of her stature moved in."

The mayor's opponents were not so generous, calling Byrne's plan a political ploy and an "insult" to the city's blacks.

The mayor, who would receive exten-

sive police protection in addition to her bevy of personal bodyguards, said she was not afraid to live in the complex and would be able to adjust to life in the stark housing units.

"Any politician who lives anywhere is threatened," she said in a news conference Sunday. "I'm not afraid over there at all and I think what you have to prove is that you don't have to be afraid."

Andrew Bajonski, a deputy press secretary, said the mayor would begin looking Tuesday for an apartment among the 23 high-rise buildings and 55 row houses, which house about 14,000 residents — virtually all of them black and poor.

A Chicago Housing Authority official said the mayor would likely live in a two-bedroom apartment that is vacant on the 16th floor of a high-rise building. Two police officers were killed by sniper fire near the building in 1970.

Mrs. Byrne said she would keep her elegant apartment on the city's "Magnificent Mile," but Bajonski stressed the mayor would live in the housing complex "seven days a week," using her present apartment only for official functions.

"It certainly couldn't be apolitical," said Rep. Susan Catania, R-Chicago. "They didn't decide to do it because they don't like where they're living now. They're probably not having money problems and they certainly don't meet the eligibility requirements."

## Miners reach tentative settlement

United Press International

WASHINGTON — Negotiators for 160,000 miners and the soft coal industry, after bargaining through the night, announced a tentative three-year contract settlement today that is expected to head off a long strike.

The tentative agreement — announced shortly before 7 a.m. EST — followed a five-hour bargaining session in the same hotel where negotiators

deadlocked and talks broke off at 4 a.m. last Tuesday.

United Mine Workers President Sam Church Jr. said he expects his bargaining council and union members to ratify the pact. The agreement will not avert a strike, scheduled to begin when the current pact expires at 12:01 a.m. EST Friday, because the miners refuse to work without a contract.

But asked how long a strike would

last, Church replied: "If it's ratified, four or five days."

"We have a tentative agreement that will have to go to our bargaining council and then to our rank and file for ratification," Church announced, flanked by negotiators for the bituminous Coal Operators Association.

"I will not get into specific details," Church said. "We have taken care of our major problems and the total package is

a little more than 36 percent over a three-year period."

A union spokesman said the new bargaining meeting, which began shortly after 2 a.m., grew out of telephone calls in recent days that had produced "a better understanding" of the differences separating the miners and operators.

Did the miners get what they wanted?

"We're satisfied," he said. "You never get all you want."

## Diet pills, centers offer aid in losing weight

# Common sense is best tool to use in dieting

By GWEN HAM  
Battalion Reporter

"Once on the lips, forever on the hips" takes on a special meaning this time of year ... the time when bulky sweaters and concealing coats are replaced by skimpy shorts, barely-there tops and clinging swimsuits.

After a winter of Thanksgiving, Christmas and New Year's goodies comes a summer of celery, water and more celery.

But there's help. For every fat cell in a 200-pound body, there are two diets, diet centers, diet pills or other diet aids.

Covers of magazines brazenly display 65-pound models with captions such as "lose up to 20 pounds a week and still enjoy food" or "shed ugly body fat without effort." Bookstores have entire sections reserved for diet books. Food and drug stores have aisles lined with diet pills, powders, drinks, and foods. Diet centers are springing up all over the United States, dedicated to America's favorite past time — losing weight.

What seems like a humorous obsession can actually be very dangerous. How does one decide what is safe or legitimate and what can be lethal or a scam?

"Common sense is the best way," Dr. C.B. Goswick of A.P. Beutell Health Center said. "At this time of the year we start to have a few more than usual patients complaining of feeling bad or weak. It's pretty obvious what's going on. This is the 'rush season' of diets. Most of our students seem to be pretty sensible. They seem to keep the so-called starvation diets and such under control."

Goswick says the doctors at Texas A&M University have seen but a few cases of anorexia nervosa, where a person craves perfection and has a self-image of being fat, no matter how thin he or she may be. Nor has the health center seen many cases of bulimia, where a person eats a big meal and then forces himself to throw up.

Students asking the health center for help losing weight and finding a sensible diet are referred to Pat Haberstroh, administrative dietitian for Texas A&M.

"I take a diet history of present food habits, food likes and dislikes and allergies," Haberstroh said. "I then plan a diet that is suited to the individual."

For the student who wants a personal diet that will work, Haberstroh has some suggestions to offer.

"I would say they need a well-balanced diet; you have to eat to lose weight but you have to know what foods. There is a public misconception about the nutritive value of some foods."

"For instance, a lot of people believe they can lose a lot of weight by eating celery. Around here we have a high amount of sodium in our water and soft drinks. Celery, which is also high in sodium, can make you retain water. There's a difference between fat weight and water weight. Eating celery may make you lose fat weight while gaining water weight," Haberstroh said.

"When planning a diet, take into consideration that some nutrients have to be activated by other nutrients. You put gas in a car, but no oil and the car isn't going to run," she said.

Although they don't prescribe diets, the Souper Salad Area in Sbisa Dining

Center offers low-calorie, sugar-free and fat-free foods especially for dieters.

Sometimes people desperate to rid their body of obesity turn to diet clinics, after failing with egg diets, banana diets, steak and white wine diets, protein diets, instant breakfast diets or grapefruit diets. Again the question of legitimacy comes to mind.

While some will readily make available all information about the diet, money and time required, others are rather secretive. One center was very elusive over the telephone, pushing for an appointment to discuss their plan further. All a spokesman would say was that the center's diet took no exercise, included eating and was an individualized program.

Once in the office, even though it was just an inquiry visit, center employees take a dieters' life history, weigh them, measure their height, ask them what their desired weight is and tell them a few general facts about the clinic. More details come with more money.

Another alternative to fad diets, drugs and dubious clinics is group sessions offering support, a main factor to weight loss.

"Eating behavior control is emphasized rather than strict dieting," Dr. Kerry Hope of the Personal Counseling Center at Texas A&M said. "We have two groups, ranging from three to ten people, who come from all walks of life. They may go to either one or both of the sessions which are free."

Surveying the many alternatives to dieting, maybe once on the lips isn't necessarily forever on the hips.



Special diets, salad bars and diet-aid displays cater to dieters young and old alike who are trying to beat the battle of the bulge. The decision of which route to take for weight loss can sometimes be confusing.

Photo by Alison Ahwrey